

МЕТОДИЧЕСКИЕ РЕКОМЕНДАЦИИ ПО ВЫПОЛНЕНИЮ САМОСТОЯТЕЛЬНОЙ ВНЕАУДИТОРНОЙ РАБОТЫ

по дисциплине ОГСЭ.04. Иностранный язык

по специальности 49.02.01. Физическая культура

Составитель: Крайнова И.В., преподаватель иностранного языка
ГБПОУ «Колледж олимпийского резерва Пермского края»

Настоящие методические указания по выполнению самостоятельной работы предназначены для студентов группа ФК 325

Методические указания разработаны в соответствии с требованиями, предъявляемыми к освоению ФГОС.

Основная цель методических указаний - обеспечить студентов заданиями и методикой выполнения самостоятельной работы во время приостановления образовательного процесса в ГБПОУ «Колледж олимпийского резерва Пермского края» в период с 09.02.2018 г. по 17.02.2018 г.

Самостоятельная работа студентов организуется в форме дистанционного обучения с целью прохождения обучающимися образовательных программ в полном объеме.

Пермь
2018

**Методические рекомендации для студентов 325 группы
по выполнению самостоятельной внеаудиторной работы
по дисциплине «Иностранный язык»**

Тема: Повторение грамматического материала раздела 8

Цель: тренировка лексико-грамматического материала в упражнениях

Задания для самостоятельного выполнения:

1. Повторите правило образования настоящего простого и настоящего продолженного времени.

2. Выполните задания.

Exercise 1

Simple Present or Present Continuous. Заполните пропуски правильной формой глагола.

1. Every Saturday, John (drive) _____ his son to soccer practices.
2. Usually, I (work) _____ as a professor at the National University in Tokyo, but this summer I (study) _____ English in the United States.
That's why I am here in the U.S.
3. Shhhh! Be quiet! The baby (sleep)_____.
4. Don't forget to take your umbrella. It (rain) _____.
5. It (always, snow) _____ a lot during the winter.
6. I'm sorry, but I can't hear what you (say) _____. Everybody (talk) _____ so loudly.
7. Maria (currently, write) _____ a book about her experiences in the U.S.
8. A: Do you want to go for a walk around the lake? I (need) _____ some exercise.
B: No, I can't. I (watch) _____ my little sister.
9. The business cards (normally, be) _____ printed by a company in San Francisco. Their prices (be) _____ inexpensive and the quality of their work is good.
10. The children (eat) _____ too much candy. They are going to be sick!
11. She (always, call) _____ her mother when she gets home.
12. Ron and Kay (look) _____ out the window at the beautiful bird in the tree.

13. They (feed) _____ the birds every day.
 14. I (always, play) _____ on Thursdays.
 15. Now, I can't understand what he (say) _____. He (speak) _____ too fast!

Exercise 2. Make questions. Задайте вопросы.

Example:

Where do you work?

I work in Leeds.

- 1) What time every day? - I start work at 7 every day.
- 2) at weekends? - No, I don't work at weekends.
- 3) What at the moment? - Well, I am not doing anything at the moment.
- 4) your wife ? - No, she does not go to work.
- 5) And what now? - She is doing some shopping, I think.
- 6) Where ? - She usually does the shopping at a shopping centre.
- 7) Who with shopping bags? - Our son helps her.
- 8) together today? - No, they aren't shopping together today.

Exercise 3. Make questions.

Example:

(where/work/you)

Where do you work?

- 1) (make/lunch/Joyce/at the moment)
 _____ ?
- 2) (travel/London/every week/they)
 _____ ?
- 3) (you/what/do/right now)
 _____ ?
- 4) (where/your brother/work)
 _____ ?
- 5) (want/you/some cake)
 _____ ?
- 6) (help/teacher/your/need)
 _____ ?

- 7) (Simon/why/now/cry) _____ ?
- 8) (just/my parents/come) _____ ?
- 9) (go out/your friends/at weekends) _____ ?
- 10) (do/at the moment/you/anything) _____ ?

Real Reading 1. Unit 1 Test

Выполните задания в соответствии с формулировкой.

Synchronized Swimming

It's part swimming, part gymnastics, and part dance. It's synchronized swimming, one of the more unusual sports in the Olympic Games. Many people love to watch it. The swimmers move their bodies in and out, forward and back, on the surface and under water. They move in perfect time with each other and the music.

Synchronized swimming was first called "water ballet." It's easy to see why. It's like ballet. And like ballet, it seems easy, but it isn't. The swimmers seem natural and relaxed, but they have to train for a long time. Many exercises are done underwater, so they have to hold their breath for as long as two minutes. It takes a lot of strength, power, and energy.

Synchronized swimming first began in Europe in the 1890s. At that time, swimmers often trained outside, in rivers or in lakes.

The first synchronized swimmers were men. But by the middle of the 20th century, most synchronized swimmers were women. Swimmers sometimes performed in the theater, where they swam in large water tanks on the stage! Later, some Hollywood musicals used synchronized swimmers. The swimmer/actress Esther Williams starred in movies such as *Bathing Beauty* in 1944 and *Million Dollar Mermaid* in 1952.

Synchronized swimming became an Olympic sport in 1984. In the Olympic Games, swimmers work in teams of nine athletes or in pairs. They show their skills by doing special movements above and below the water. They do not touch the bottom of the pool. Instead, they move their hands like flippers and kick their feet. This helps them stay up in the water. Like all Olympic athletes, they work very hard. Their dream is the same: to win a medal for their country in the Olympic Games.

Part 1

Comprehension

Circle the letter of the correct answer to complete each sentence.

- In the Olympics, synchronized swimming is done ____.
a. on land b. to music c. by one person
- According to the article, synchronized swimming looks ____.
a. easy b. difficult c. dangerous
- Swimmers have to hold their breath because they need to ____.
a. be underwater b. train outside c. swim on the surface
- Synchronized swimming was first done by ____.
a. children b. men c. women
- In the early part of the twentieth century, people watched synchronized swimming ____.
a. in the Olympics b. in the theater c. at the beach
- In the Olympics, the swimmers cannot ____.
a. kick their feet b. move their hands c. touch the bottom

Total: _____ / 6

Part 2

Vocabulary

A. Complete the text with the words from the box. (You will not use two of the words.)

advantages	energy	flat	natural	safe	stretch
body	exercise	forward	relaxed	special	weight

Good morning everyone. Welcome to your first yoga class!

As you know, yoga is an excellent form of (1) _____. It has many (2) _____. First of all, yoga is good for both your mind and your (3) _____. After a few classes, you'll probably feel less stressed and more (4) _____. You will have more (5) _____ to do the things that you enjoy. For those of you who are older, you should know that yoga is also very (6) _____. You won't break any bones! Just take it slowly. Use a yoga mat to feel more comfortable. We sell them in the store, and there's a (7) _____ price for students.

(continued on next page)

Let's begin. Please move (8) _____, everybody, to the front of the room. That's good. Now, lie on the floor, (9) _____ on your back. Close your eyes. Now (10) _____ your arms up above your head. Good job!

Total: _____ / 10

B. Complete the sentences with the words from the box. (You will not use three of the words.)

burn	land	power	surface	waves	win
kicked	naturally	special	training	weighed	

1. When my son was born, he _____ nine pounds. That's about four kilograms.
2. Young babies don't need to learn to swim. They do it _____.
3. You can't swim in the ocean here. The _____ are too high.
4. Some people find it easier to swim underwater than on the _____.
5. If you wear flippers when you swim, you'll have more _____ to swim fast.
6. I prefer running to walking because I _____ more calories.
7. The Stars are a very good team. I'm sure they'll _____ a lot of games this year.
8. Moreno _____ the ball straight into the net. Goal!

Total: _____ / 8

Part 3

Vocabulary Skill Building

Are the underlined words nouns or verbs? Write *N* for noun or *V* for verb.

- ___ 1. If you run faster, you'll burn a lot of calories.
- ___ 2. Margaret is going to train to be a sports coach.
- ___ 3. Lars scored a goal with a penalty kick.
- ___ 4. I really need to get more exercise.
- ___ 5. It's important to stretch before you work out.
- ___ 6. Let's go for a run around the block.

Total: _____ / 6

Для выполнения задания необходимо:

1. Оформить ответы на задания в письменном виде на листе А4.

Время выполнения задания – 2 часа

Форма контроля:

По итогам выполнения обучающийся должен представить выполненное задание преподавателю на листе А4 на следующее занятие.